**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Weighing the Consequences***

**Directions:** Read the following storyboard[[1]](#footnote-1) and passage, then answer the questions that follow.

Part of growing up is figuring out who you want to be, as an individual. No matter how individualistic[[2]](#footnote-2) you may be, you’re bound to share similarities and interests with others. Sharing experiences and hobbies is normal and fulfilling. Learning from others even helps you decide who you want to be.

Imagine your friend showed you their brand-new sneakers. You may like them, but not buy them because they’re too expensive. Until, slowly, one-by-one, you begin noticing everyone in your friend group is wearing the same shoes, until you’re the only one without a pair.

So, what do you do? Buy the sneakers anyway? Beg your family for the money? Hope no one notices you’re the only one without? Pretend like it doesn’t bother you, even though you’re dying inside? Making the right decision in this situation and countless others can be tricky.

One helpful strategy is weighing all the possible consequences. **Consequences** are the result of an action. They can be both positive and negative. Taking the time to weigh the consequences of each choice can help you choose actions that align with your personal values. Just knowing you’ve taken the time to think things through can help you feel more confident in tricky situations.

***Weighing the Consequences* (Continued)**

Look at the example below to help you identify positive and negative consequences:

|  |
| --- |
| **Situation:** Everyone in your friend group has purchased similar pairs of expensive new sneakers, except you. You don’t want to feel left out, but you also can’t easily afford them. Should you buy the shoes or wear the ones you have? What are the consequences of each choice? |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Peer Pressure** | **Decision** | **Negative Consequence** |
| **If you give in to the pressure:** | You’re the only person in your friend group without the latest sneakers.  | You spend all your money and buy the sneakers. | * You don’t have enough money the next time you want to buy or do something.
* You gave in to peer pressure, but don’t actually like the sneakers.
 |
|  | **Peer Pressure** | **Decision** | **Positive Consequence** |
| **If you do not give into the pressure:** | You’re the only person in your friend group without the latest sneakers. | You continue wearing the same sneakers. You like them, and you can’t afford new ones. | You can afford something you *really*want (movie tickets or birthday present from your mom).* You feel proud knowing you did your own thing.
 |

***Weighing the Consequences* Reflection Questions**

**Directions:** In your neatest handwriting and in complete sentences, complete the following storyboard, with or without pictures:

|  |
| --- |
| **Situation:** After school on Friday, a friend invites you to a party over the weekend. You’re interested, but you were planning on doing your schoolwork Saturday because you promised to help your cousin’s family move on Sunday. Should you go to the party or fulfil your responsibilities? What are the consequences of each choice? |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Peer Pressure** | **Decision** | **Negative Consequence** |
| **If you give in to the pressure:** |  |  |  |
|  | **Peer Pressure** | **Decision** | **Positive Consequence** |
| **If you use a refusal strategy:** |  |  |  |

**Stamp Your Learning for *Weighing the Consequences***

**Directions:** Answer the following questions in complete sentences.

1. How will considering the consequences of your choices help you make the most appropriate decision, for you?

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1. This decision making requires you to say “no” to your friends. Which of the following strategies do you believe is most effective? Explain your thinking.

|  |
| --- |
| **Different Ways to Say “No, thanks.”**  |
| **Say It.**Let your friends know you aren’t interested without judging their decision. Try using as few words as possible; it’ll make your message even more powerful. (“That’s just not my thing.”) |
| **Suggest It.**Instead of making a questionable choice, suggest a more appropriate activity. (“I’m going to finish my homework first, then I can go to the movies.”) |
| **Name It.**Explain why you’re choosing to do something different in a simple, clear way that is based on facts. (“I’m working on bringing up my math grade; I want to get this done first.”) |
| **Walk away.**If your friends aren’t responding to you, continue to pressure you, or you feel uncomfortable, you may need to walk away and remove yourself from the situation. |

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**Stamp Your Learning for *Weighing the Consequences* (Continued)**

1. How will considering both positive and negative consequences, before making a decision, help you express your personal beliefs?

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1. Consequences of Peer Pressure: Negative and Positive <https://www.storyboardthat.com/lesson-plans/peer-pressure-refusal-skills/consequences> Accessed and edited on 2/14/2020 [↑](#footnote-ref-1)
2. **individualistic:** doing things without worrying what other people think [↑](#footnote-ref-2)